



BASINGSTOKE SPORTS TRUST

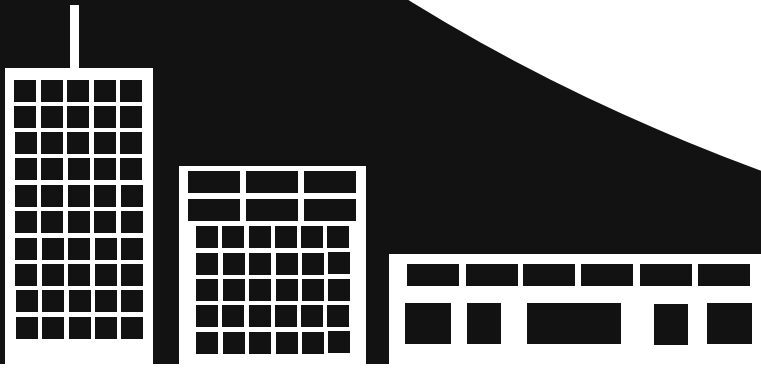
TRAINING

COURSES & QUALIFICATIONS



01256 **326331**
training.bstfitness.org





first aid qualifications

It is a requirement of the Health & Safety law that employers should provide first aid provisions for their employees.

You are required by law to undertake a risk assessment of first aid arrangement in the workplace. A low risk workplace requires a minimum of a first aid box and a person appointed to take charge of first aid arrangements.



All our courses can be taken in your place of work. We provide all the equipment and resources to teach in an environment that is convenient to you. We also have a dedicated training room at Basingstoke Sports Centre fully equipped with a 60" screen, free wi-fi and refreshments machine.

Each course can have up to a total of 12 participants at one time, however multiple sessions can be arranged for larger groups. We also run scheduled sessions at Basingstoke Sports Centre which are perfect for smaller groups of employees or individuals that want to take the course. Dates are available on request.

www.sportscentre.org.uk/training

first aid qualifications

Emergency First Aid at Work

Level 2 Award in Emergency First Aid at Work QCF: 500/9894/9

Candidates will learn skills and knowledge to provide the organisation with Emergency First Aiders that can provide treatment to their casualties in a prompt, safe and effective manner.

Re-qualification courses available

£80 per employee*

Duration - One Day

Valid For - Three Years

Assessment - Ongoing

Three Day First Aid at Work

FAA Level 3 Award in First Aid at Work QCF: 600/7380/9

This comprehensive three-day course covers a wide range of First Aid emergencies, enabling all participants to deal with an emergency situation with confidence in a prompt, safe and effective way. This course will give the participants a OFQUAL recognised qualification to the highest level.

2 day Re-qualification courses available, information upon request

£225 per employee*

Duration - Three Days

Valid For - Three Years

Assessment - Ongoing

lets have a chat!

Our training co-ordinator **Ian Sadler** is ready to talk to you regarding any questions you may have about the training. Do you have any special requirements or requests?

ian.sadler@sportscentre.org.uk | 01256 302225

exclusive premier day pass
FREE for each registered
participant*

* terms and conditions apply. First aid courses only.



paediatric qualifications

Paediatric first aid is an essential skill for all work involving children. These courses are perfect for teachers, nursery staff, childminders, activity instructors and any other supervisory work.

Our qualifications are recognised by Ofsted

Emergency Paediatric First Aid

Level 3 Award in Emergency Paediatric First Aid QCF: F/600/2036

A lighter version of the Paediatric First Aid Qualification, This one-day course satisfies the guidelines and criteria as laid down by the Early Years Foundation Stage (EYFS) and OFSTED.

Re-qualification courses available

£80 per employee*

Duration - One Day

Valid For - Three Years

Assessment - Ongoing

Paediatric First Aid

Level 3 Paediatric First Aid QCF: 500/9920/6

This course has been developed for those who are working with children and infants. It will be of particular interest to teachers, child minders, crèche assistants, playgroup personnel and anyone else who has a responsibility for their welfare whilst in your care. This two-day course satisfies the guidelines and criteria as laid down by the Early Years Foundation Stage (EYFS) and OFSTED.

2 day Re-qualification courses available, information upon request

£165 per employee*

Duration - Two Days

Valid For - Three Years

Assessment - Ongoing

*These prices are a guide. Group bookings may earn discounts, and extras are negotiable upon request. Call Ian on **01256 302225** or email ian.sadler@sportscentre.org.uk for more information.



first responder courses

Resuscitation and Defibrillation Award

Level 2 Award in Resuscitation and Defibrillation - QCF: 600/1852/5

This very practical course will enable your learners to execute techniques that help prolong life until further assistance arrives. Candidates will learn vital CPR skills and lifesaving techniques, as well as being competent and comfortable about using an Automated External Defibrillator (AED).

Requalification requires the candidate to complete the course again.

£80 per candidate*

Duration - One Day

Valid For - One Year

Assessment - Ongoing

BST Emergency Response Course

BST Training basic course - For all ages, abilities and budgets

This short half day course in Basic Life Support gives the candidate an introduction to emergency response. The aim of the course is to enable all students to deal with an unresponsive casualty who is breathing, and how to deal with an unresponsive casualty who is not breathing normally.

Requalification requires the candidate to complete the course again.

£35 per candidate*

Duration - Half Day

Valid For - Lifetime

Assessment - Ongoing

*These prices are a guide. Group bookings may earn discounts, and extras are negotiable upon request. Call Ian on **01256 302225** or email ian.sadler@sportscentre.org.uk for more information.

www.sportscentre.org.uk/training



National Pool Lifeguard Qualification

National Pool Lifeguard Qualification

RLSS UK NPLQ 8TH EDITION

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland that complies with the industry guidance contained within the HSE publication 'Managing Health and Safety in Swimming Pools'. Generally, the NPLQ is a recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard Nationwide.

The course comprises of physical training and theoretical classroom work, followed by a practical in-water and out-of-water assessment on pool rescue, first aid, CPR and lifesaving skills.

Every candidate, prior to commencement of training for the NPLQ must:

- Be 16 years of age
- Be able to meet the following basic fitness criteria:
 - Jump / dive into deep water
 - Swim 50 metres in less than 60 seconds
 - Swim 100 metres continuously on front and back in deep water
 - Tread water for 30 seconds
 - Surface dive to the floor of the pool at its deepest point
 - Climb out unaided without ladder / steps and where the pool design permits

Being a lifeguard offers a fantastic foundation to a career in the leisure industry. Many senior managers began by lifeguarding at their local pools.

**Requalification requires 20+ CPD hours
plus re-examination - info available.**

£230 per candidate

Duration - 40 hours

Valid For - Two years

Assessment - Exam

Please note that this brochure was correct at the time of printing, however due to unforeseeable circumstances, some information may differ. Updates will be advertised within the centre and at Reception.



activities for children

Rookie Lifeguard Awards

RLSS Junior Rookie Lifeguard Programme

The Rookie Lifeguard programme is the junior award scheme of the RLSS UK. For most children Rookie Lifeguard will be the first opportunity to explore water safety and alternative safe aquatic play. The awards contain survival, rescue and sports skills as well as Life Support and water safety elements.

The programme also teaches children how to work as part of a team, and builds their interpersonal skills; encouraging them to interact within the group and with other people.

The courses are practical and includes pool work as well as classroom and outdoor sessions to ensure a variety and range of activities.

For more information - contact the Swim School on 01256 302204 or email dolphin@sportscentre.org.uk

enquiry form

Please fill out the form below. We endeavour to reply within 7 days of receipt. **This form applies to all First Aid & NPLQ courses within the booklet.**

name

contact number

email

enquiry

Please post to: Ian Sadler, Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE or hand in at reception. alternatively, you can email ian.sadler@sportscentre.org.uk or call **01256 302225**

Brand new to Basingstoke Sports Centre

THE CONFERENCE ROOM

The brand new Conference Room in Basingstoke Sports Centre is now ready for hire! **Competitive hour and day rates.** Included in the hire -

- Free WiFi
- 60" Television with AppleTV
- Seating & Tables for up to 30 people
- Refreshments machine
- Catering (please enquire)
- VIP Guest Passes to the centre

For more information and to book our facilities, please contact **Sally Lewis** on **01256 302219** or email sally.lewis@sportscentre.org.uk

VIP
GUEST
PASS

MIXED GYM
LADIES GYM
POOLS
HEALTH SPA

MEETING
& CONFERENCE
ROOM
HIRE

